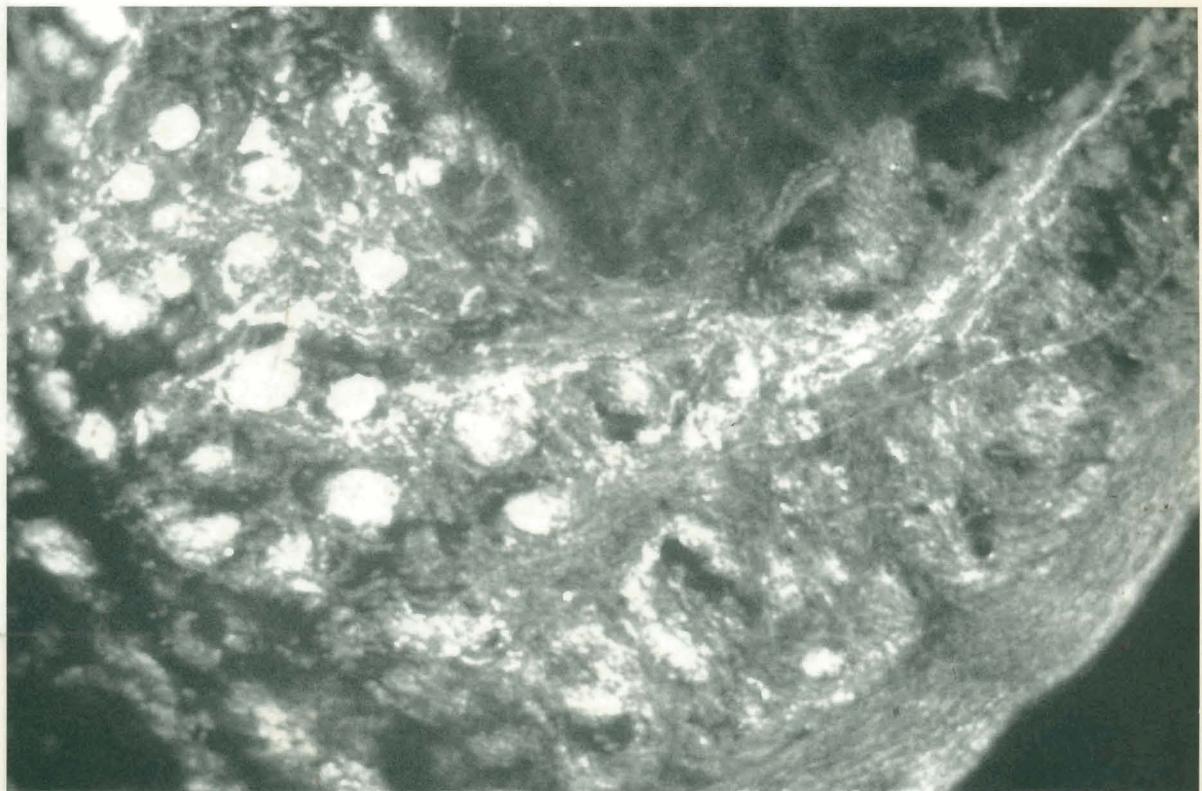


PHYSIOLOGY OF BEHAVIOR

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Fifth Edition

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As you may have noticed, because of the older and somewhat more traditional methodologies laid out in previous chapters, it can be hard to see that there is much room for improvement. Because there are so many different forms of anxiety disorders, it is difficult to come up with a single methodology that would be appropriate for all of them. However, when used in combination with other diagnostic instruments, there are some effective treatments. These include cognitive and behavioral (and some pharmacological) interventions.

The practical wisdom of the field has decided that a large amount of the new research on the etiology and treatment of anxiety disorders has been developed in methods—behavioral, cognitive, and pharmacological—approaches. New techniques for assessing anxiety, cognitive-behavioral approaches, new measuring techniques, and new ways of analyzing the effects of anxiety on behavior have been developed in a variety of organisms, including humans, monkeys, and other primates, as well as in a variety of other animals. The methods developed in this section reflect the theoretical approaches and measuring methods—new anticonvulsants, cognitive-behavioral, desensitization methods, and drug interventions, as well as behavioral methods to

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